

KWAKIUTL DISTRICT

COUNCIL HEALTH



*We Wai Kai Nation
Quinsam & Cape Mudge*

OCTOBER 31 - NOVEMBER 4



"Gawalla xa hamattalla" Helping Our People

Quinsam KDC Health Staff Schedules

Phone: 250-286-8064 Fax: 250-286-8071 Lunch Break 12:00-1:00pm Office Hours 8:30am-4:30pm

Keltie Pike, Site Administrative Coordinator **Mon-Fri**

Email: receptionquin@kdchealth.com

Amanda Roberts, Community Health Representative **Mon-Fri**

Email: amanda.roberts@kdchealth.com

Alisia Henkel, Community Health Nurse **Maternity Leave**

Kathleen Power, Registered Dietitian (by appointment only) 250-286-9766

E-mail: kathleen.power@kdchealth.com

Natalie Crawford, Clinical Counsellor (by appointment only) 250-286-8064 **Mon-Thurs**

E-mail: natalie.crawford@kdchealth.com

Allan Campbell, Mental Health & Addictions Program Manager (by appointment only)

E-mail: allan.campbell@kdchealth.com

Jacey Dick, Casual Community Health Nurse **Wed**

Email: jacey.dick@kdchealth.com

Shelby Huffman, Community Health Nurse (Mentor) **Tues, Thur & Fri**

Email: shelby.huffman@kdchealth.com



Cape Mudge KDC Health Staff Schedules

Phone: 250-285-3996 Fax: 250-285-3736 Office Hours 8:00am-4:00pm Lunch 12:00-1:00 pm

Ken Bell, Community Wellness Worker **Mon & Tues**

Email: ken.bell@kdchealth.com

Patty Wilson, Community Health Representative **Mon-Fri**

Email: patty.wilson@kdchealth.com

Kathleen Power, Registered Dietitian (by appointment only) 250-286-9766

Email: Kathleen.power@kdchealth.com

Alisia Henkel, Community Health Nurse **Maternity Leave**

Shelby Huffman, Community Health Nurse (Mentor) **Mon & Wed**

Email: shelby.huffman@kdchealth.com

Jacey Dick, Casual Community Health Nurse

Email: jacey.dick@kdchealth.com



Take Care of Yourself



QUINSAM & CAPE MUDGE WELLNESS CENTRE

9:00 - 4:00 Mon—Fri

CLOSED FOR LUNCH 12:00-1:00

Sauna Benefits

Relaxation, Increase Circulation
Remove Toxins, Reduce Inflammation
Pain Relief, Improve Skin,
Weight Control and Improve Skin
Elasticity & Burn Calories



Weight and Cardio Room



Reduce Stress Strength Flexibility
Weight Loss Decrease Body Fat
Increase Endurance Sleep Better
Lowers Blood Pressure

Paraffin Waxing (for hands and feet)

Arthritis Relief Bursitis Relief
Smooth skin Eczema
Inflammation Stiff Joints





KDC Health
1400 A DRAKE ROAD
CAMPBELL RIVER, B.C. V9W 7K6
Phone (250) 286-9766
Fax (250) 286-9713

Employment Opportunity, Patient Health Care Navigator (PHCN) Full-time

As an employee of the Kwakiutl District Council (KDC) you will be a key member of the health team, providing direct patient support to KDC member nation citizens. This exciting new role will offer the right candidate an initial one year, full time term contract.

Reporting to the Health Director, the PHCN works as part of the Health Team and, as required acts as a client care navigator while ensuring care is culturally specific, ethno sensitive, and patient-centered. Working with the KDC Health Team, helping with the aboriginal health system of the new FNHA Health Benefits program, and referrals as the need is identified; the PHCN has dual responsibilities to act as a client advocate to help community members navigate the hospital/health care system and to serve as a Patient Health Care Navigator for KDC client care.

A Degree in Social Work, five (5) years directly-related experience in the majority of specialties listed in the job description (e.g. experience in health promotion, delivery of health programs and understanding of community health issues) is required, although an equivalent combination of education and experience will be considered.

In circumstances where there is an equal combination of qualifications and experience, preference will be given to people of Aboriginal heritage.

To receive a comprehensive job description, please email: terry.lee@kdchealth.com

KDC Health provides preventative and health promotion services for 6 of our member nations. For more information, go to www.kdchealth.com.

If you are interested in applying for this position, please submit your resume, cover letter (including salary expectations and three employment references) to:

Human Resources Coordinator, KDC Health
1400 A Drake Road
Campbell River, BC V9W 7K6
Email: terry.lee@kdchealth.com Fax: 250 286-9713

This posting will remain open until filled.
Thank you in advance, but only those applicants selected for an interview will be contacted.

ATTENTION!
KDC HEALTH COMMUNITIES



VISION CLINIC DATES

November 7th to 9th, 2016

It is recommended that children and elderly have an eye exam every year. Those who are 18+ are recommended to have an eye exam every 2 years.

IMPORTANT: All clients will need prior approval please call Mildred or Dayle @ 250-2869766 as soon as possible & provide the following information:

Name:

Date of Birth:

Status Number:

Personal Health Number (Care Card) and upon approval you will get a call back to book your appointment.



Priority will be given to those already on the list from the previous cancelled vision clinic.

MUST HAVE PRIOR APPROVAL OR YOU WILL NOT BE SEEN!

Community Health Committee Meeting

When: Tuesday November 1, 2016

Where: Quinsam KDC Health

Time: 9:30 am



Flu Clinics

At Quinsam

The nurses will be providing influenza immunizations at the KDC Office on Quinsam on the following date:



Tuesday, November 1

10:00am - 4:00pm

First Aid Course

Interested??

Please call Amanda at
250-286-8064 to register

1 Day class Nov 9th

One day First Aid and CPR class based on Employment Standards.

Please call if you are interested in this or other First Aid courses.

MUST HAVE 10 PEOPLE REGISTERED FOR A CLASS

You could save a life!

Balance, Stretch & Strength

This is a **BEGINNER** class for all those new to exercise or those that have been inactive or recovering from injury or illness.

Sally Feast has been a personal trainer for years and started out overweight and battling illness.

The class will consist of a group check in, 5 min. warm up, followed by 20 min. of exercise and a 5 min. cool down.

TUESDAY'S

5:30-6:30 pm

Quinsam Gym

If you have any questions or would prefer a different day or time, please call Amanda 250-286-8064

Yoǎdaxw!



**The Lik'wala Language
Revitalization Committee**

**Would like to extend an Invitation
to you
to our
Lik'wala Language
Community Engagement Dinner!**



When: Thursday Nov. 10 @ 5:00 pm

Where: Cape Mudge Band Office

RSVP:

Lori Lewis lps@gmail.com

Patty Wilson: patty.wilson@kdchealth.com

Lisa Anwar lisaanwar@kdcadmin.com



Gelakasla!

Save Your

Pumpkins...



Try it out!

Do you have any left over pumpkins from Halloween?
Try one of these great recipes!

1. Cut pumpkin into 4 or 8 equal pieces, depending on the size of pumpkin
2. Preheat oven to 350°F and lay pumpkin on baking sheet.
3. Bake for 45 mins, or until tender
4. Puree in a food processor or blender
5. Add puree to your favourite pumpkin recipe!

7 Benefits of Pumpkins

1. Lots of Vitamin A & Carotenoids
2. Good for Cholesterol & Heart Health
3. Great Source of Fiber
4. Good Source of Zinc
5. Provides Skin Health & Protection
6. Has Potassium for Refueling
7. Boosts Mood & Helps You Sleep

.. And Your Pumpkin Seeds!




Did you know...

that when carving your jack-o-lanterns this year, you can save the seeds inside! Pumpkin seeds offer a variety of health benefits and are a quick healthy snack for any family to enjoy!

Try it out!

1. Clean and dry pumpkin seeds
2. Add desired seasoning, 1 tbsp. of olive oil and toss in a bowl
3. Bake at 250°F for 1.5 hours on a cookie sheet
4. Enjoy!

**The Top Health Benefits of
Pumpkin Seeds**



Heart Healthy
Magnesium

**Zinc for
Immune Support**

**Plant-Based
Omega-3 Fats**

Prostate Health

**Anti-Diabetic
Effects**

Benefits for
Postmenopausal Women

**Heart and Liver
Health**

Anti-Inflammatory Benefits

Tryptophan for Restful Sleep

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